

MERRILL ENRICHMENT CENTER

October 2021



Hours
 Monday- Thursday 8am - 4:30pm
 303 N. Sales Street
 715-536-4226

ALL AGES WELCOME



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Mission Statement

Dedicated To Enhancing Lives and Bringing Generations Together

Core Values

Include, Encourage, Volunteer, Create



MEC Team

L to R: Tammie, Vicki, Stephanie



FACEMASKS REQUIRED

We will consistently maintain recommended safe practices

Please stay home if you have any COVID symptoms

Mask requirements can change at any time.

OCTOBER EVENING OFFERINGS

Yes! We have EVENING OFFERINGS!

Guitar Lessons, Painting, and Yoga

We heard you! You requested evening offerings, so check out pages 2 and 3 as well as our back calendar.

Call to register. 715-536-4226

Please reach out if you have any suggestions for future offerings.



Thank you to the following people for their generosity!

Bruce & Karen Fritz
Donations in memory of Jo Hout

ENRICHMENT CENTER COMMITTEE MEETING

October 21st at 2:15

MEC Conference Room

Community attendance via conference #

Phone: 515-518-4530 PIN: 724 802 599 #

Meetings will be held the 3rd Thursday of each month unless otherwise noted.

Committee Members

Laura Bertagnoli (Chair), Paul Russell (Aldersperson), Gene Bebel, Rose Akey, Sharon Harvey, Josh Jaeger, Sharon Anderson, Jennifer Clark - ADRC Rep.

Classes

Please call to register 715-536-4226
Spaces are limited



Woodcarving w/ Harry

Mondays 9am-11:30
Oct. 4th, 11th, 18th, 25th
Nov. 1st & 8th
Cost \$30

This class runs for 6 weeks, possibly less depending on how fast we progress. Harry will be teaching us how to carve a chickadee. All supplies will be provided.

NEW! OPEN CRAFT/SEWING TABLES

Make and Take's or Stay and Make

We have a handful of fun projects for all ages. Our art room will have 3-4 tables set up, each with a different project. Attend when it fits your schedule.

Wednesdays 9am-4pm

- * Sewing - potholders
- * Mindful stitch (embroidery)
- * Button art



Paint w/ Amy

Amy is an acrylic painting instructor. Her business is Create A-Way Paint Parties and Therapeutic Arts.

October 26th
8:30 start time
Class minimum of 4



Choices are a 12x16 canvas for \$18
or a 16x20 canvas for \$28

Oil Painting w/ Dennis

Dennis has been painting for years, and looks forward to sharing what he has learned with others.



Sign up now to paint this beautiful scene!

October 12th
9:00-1:30

(Bring lunch or snacks as we will be taking a break)

Cost \$33

Class minimum 3 people, maximum 6

Cricut Class- Learn, Make, & Take

Whether you have been using your Cricut for years or just beginning, this will be the class for you.

Oct. 5th at Noon
Cost \$10
Project this month

Join Karen for Cricut Class where you will make a craft using a Cricut cutting machine.

Participants will need a device (laptop or iPad) with Cricut Design Space downloaded.

Snippet with Cricut

(Open Cricut Craft Time)

Oct. 14th
10am - 3pm

(Feel free to bring a snack or lunch)

Cost \$3

Bring your own projects and materials. Karen will be available to answer questions.



Guitar Lessons for Returning Guitarists

Finger Style Guitar- **Must know all basic cords**



4 week class – Tuesdays,
October 5, 12, 19 and 26
5:30pm

Classes will be 45 minutes
Cost \$20 per person

Class Minimum of 4

Exploring the Wonderful in Watercolor!!!

"Leaves are Falling"

Let Lisa Krueger of Oak View Studio take you on a creative journey on **October 22 at 5:30 pm**. You will be using professional grade watercolor paint, and will be working on a 9 1/2 by 11" piece of 140# Arches cold press watercolor paper. The process used is a fun and simple one. Beginners are welcome!

Instruction and all painting supplies are provided. Bring a hair dryer if you have one.

Friday
Evening
Offering!

October 22nd
5:30 pm
Cost \$33



Fitness



Zumba Gold with Pam is a low impact activity that inspires participants of all ages and fitness levels to have fun, let loose of your inner joy while dancing to all kinds of rhythms and music! Whether it's sassy salsa music or twistin' to Chubby Checker, you will gain endurance, balance and strength all in a party like atmosphere!

Tuesdays & Thursdays
9:30 am - 10:15am
\$5 per class

Strength & Balance



Every Wednesday
10 - 10:45 am
Instructor Gigi Heinz
\$3 per class

Join Gigi for a Strength & Balance class where *all exercises will be supported by or with a chair*. We will begin class with a warm-up, move into strength and balance for all major muscle groups, and end with stretching.

Many exercises can be done with the resistance of your own body weight, but if you would like to add weight you can bring your own set of hand held weights. Most begin with 2-3 pound size, others may work up to 5 pounds or more depending upon the exercise.



Evening Class!
YOGA MAT CLASS
LAST CLASS UNTIL 2022
Mixed-level class open to everyone, modifications will be offered.

This is a mat-based yoga class.

Participants should have mobility to move from floor positions to standing.

The class will run in the expo on **Tuesdays** from **5:30 - 6:30 pm**, for 8 consecutive weeks.

The class dates are **Sept. 7th - Oct. 26th**.

You can pre-pay \$64 for eight sessions. **Payments will be either cash or check and collected the first day of class.** Drop-in for \$10 per session.



Chair Yoga

Instructor Gigi Heinz
Every Monday 10 - 10:45am
\$3 per class



Yoga can reduce pain for people with arthritis, back and neck pain, and other chronic conditions like fibromyalgia.

Yoga can reduce stress through breath and relaxation which helps lower blood pressure, and heart rate, improve digestion, ease symptoms of anxiety, depression, fatigue, and insomnia.

Yoga helps increase strength in both muscles and bones, improves circulation for better brain and heart health and improves mobility & flexibility to help you enjoy more activities.

Gigi is a certified Yoga Therapist with over 20 years experience leading group health, fitness, and yoga. Join Gigi for 45 minutes of gentle stretching, breathing, and relaxation.

All yoga will be supported with a chair. You will be encouraged to listen to your body and only move in ways that make your body happy!

MAT CLASS OFFERINGS WITH GIGI

Mondays 8:15-9:30 Yoga Strength
Wednesdays 8:15-9:30 Mat-based yoga mixed level

8 week sessions available

DATES: Current session July 12th - Sept. 1st

Next sessions: Sept 6 - Oct. 27th & Nov. 1st to Dec. 15th

Drop ins welcome. \$12

Day Class!

Mondays: Yoga Strength

A mat-based yoga practice designed to build strength, improve flexibility and balance. Strong focus on proper alignment. Modifications offered.

Wednesdays: Yoga Mixed Level

A mat-based, moderate level class, with options offered to increase or decrease amount of challenge. Modifications offered.

Please bring your own mat, blankets & weights.

Student fees

8 week session, one class per week is \$80, two classes per week is \$144, carry over only at discretion of Gigi. Drop-ins are \$12.

Registration & payments handled by Gigi.
Register via text or call 715-297-6540.



**Feeling empty? Like no one gets it?
Not interested in things
you once were?
Overwhelmed with life?**

A support group is a gathering of individuals who share a common goal. In a group setting, individuals are able to express how they feel and what they do to cope. Come join this group to give and receive support in dealing with depression.

Where: Merrill Enrichment Center
303 N. Sales Street Merrill, WI 54452

When: October 6th at 1pm

Who: Anyone seeking support in dealing with depression
Cost: FREE

Ashley Miller MS, Mental Health Specialist
**For more information call the MEC
at 715-536-4226**



Serving adults and children who experience domestic violence, sexual assault, elder abuse, child abuse, harassment, stalking and human trafficking.

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A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 30%!

VIRTUAL WORKSHOP:

Date: Thursdays, October 21- December 9 (No class the week of Thanksgiving)

Time: 1:00 PM – 3:00 PM

Session: Thursday, October 14 from 1:00-1:45 PM

Registration: Enrollment is limited. To register, please call the ADRC-CW at 888-486-9545 ** To participate in this virtual class, you must have access to a computer or tablet with internet, audio and camera.

Cost: Suggested Contribution of \$10 for the entire 7-week workshop



VIRTUAL Workshop
Thursdays, October 7th-
November 11th
10:00 am – 11:45 am
FREE – Donations

welcome to help offset cost of class books and supplies

*To participate in this virtual class, you must have access to a computer or tablet with internet, audio and camera

To register, contact the Aging & Disability Resource Center Call: 1-888-486-9545

Website: www.adrc-cw.org

Enrollment is limited. Workshop dates subject to change.

Reasonable accommodations will be made for disabilities. If you require such an accommodation, contact the ADRC at least 5 days in advance.

ARE YOU A CAREGIVER?

Like many people, *you may not realize* you're a caregiver. You might think of what you do as simply helping someone important to you – a spouse, partner, parent, or friend. If you are helping with things like: medications, grocery shopping, doctor visits, laundry, or household chores, the Powerful Tools for Caregivers workshop is for you.

Powerful Tools is a six-week workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional and financial needs, you become a better caregiver.

The workshop gives you the tools to:

- Reduce stress, guilt, anger, & depression
- Manage your time, set goals, & solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate effectively with the person needing care, family members, doctors, and paid helpers.



• Stop in the T. B. Scott Library to view the **"Immigrant Journeys from South of the Border ¡Mi travesía hasta Wisconsin!" Travelling Exhibit** on display in the Carnegie Wing of the Library from October 4 to October 13.

• Join us for "Libraries are Instrumental" with the **TRINITY BELL RINGERS** on Tuesday, October 26, @ 5PM on the 3rd Floor of the Library. Enjoy the talent of area musicians as they ring out some great melodic tunes.

LIBBY DIGITAL RESOURCE: We want to remind everyone that you can download e-books and audiobooks for free with your library card. You can read them and listen to them through an app called Libby on your phone, computer, laptop, or mobile device. We have instructions on the library website, www.tbscottlibrary.org, you may give us a call at 715-536-7191, or stop at the library for assistance.



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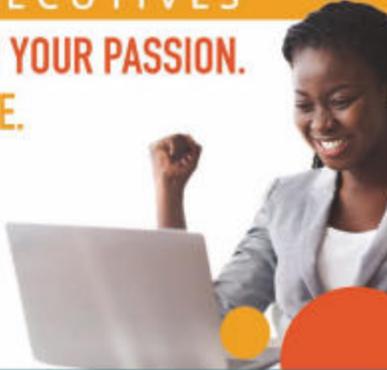


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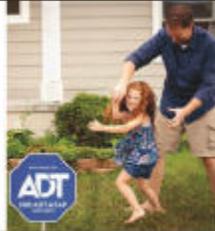
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Craft Shop

We have room for new crafters.
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 Questions? Please contact us
 at 715-536-4226.



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Activities



**LILLY IS ON THE ROAD!
BUS TRIPS ARE BACK!**
Call to sign up 715-536-4226



OCTOBER LUNCH BUS TRIPS

Bus leaves at 10:30am

Cost \$5

BB Jacks - Antigo Oct 13th
Olive Garden - Wausau Oct 28th



Guys Group
Newcomers Welcome!
The guys meet **Tuesdays & Thursdays at 10am**
Join them for coffee & conversation.
No activity fee

CARD GAMES ARE BACK!
Scheduled Card Games & Times



Hand & Foot	Mondays at 12:00pm
Bridge	Mondays at 12:00pm
(bring your team of four or call to get on a sub list)	
Sheephead	Tuesdays at 1:00pm
Mah Jongg	Wednesdays at 1:00

Self-Directed Volunteer Teams



A Self-Directed Volunteer Team™ is a multi-skilled group of volunteers who share responsibilities for addressing an opportunity or challenge in their community. Through time, the team is empowered to take full responsibility for its own functioning and for results. *Adapted from National Council on Aging (2008)*

*Teams will initially work closely with The MEC Director and Staff for training and direction.
Please call or stop in to sign up. 715-536-4226

Opportunities	Time Commitment
* Craft show	1-4 hours
* Outdoor floral and plant arrangements	1-2 hours
* Party organization	1-3 hours
* Event set up and cleaning	1-3 hours
* Newsletter delivery (full route or sub list)	.5 -1 hour
* Thanksgiving Dinner	1-4 hours
* Christmas Joy	1-6 hours

Calling all Ladies!
We are starting a ladies social time!
Coffee, tea & conversation
If the guys have a coffee and conversation group, why can't the ladies! Why sit home alone when you can get out and visit with others in a relaxed, fun setting.



We will have coffee and tea available for you.
Mondays & Wednesday's 9:30am
No activity fee



Book Club

October 19th at 1:00pm
The group meets the *third Tuesday* of each month at 1:00pm.

Newcomers always welcome!
Upcoming Books



October	The Midnight Library -Matthew Haig
November	Mrs. March - Virginia Feito
December	Christmas book of your choice

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com



Mind & Body Wellness

Mind & Body Wellness Course

Instructor Tammie Mrachek - MEC Director

Oct. 7th, 14th & 21st from 9am-Noon

Call now to sign up. 715-536-4226 Seats are limited.

**There is no cost for this Course. Funding provided by
Security Health Plan.**

SecurityHealthPlan

The MEC with the financial support of Security Health Plan is excited to offer Mind & Body Wellness!

The goal of this program is to provide participants with educational material and activities designed to promote brain health, ultimately empowering people to lead a healthy lifestyle and remain independent.

Emphasis will be placed on the growing evidence that lifestyle choices like nutrition, exercise, mental activities, and social activities can positively impact your brain health and reduce the risk of dementia.

The program will combine fun and educational mind games to challenge participants to keep their brains active. In

addition, we will learn how easy it is to make healthy meals, snacks, and desserts. Finally, we will participate in 10 minute exercises that are easy to incorporate into your daily routine, including yoga, meditation, walking, and strength exercises.

TLC for your Brain

**The easiest ever ways to de-stress and stay sharp
by: Lora Shinn**

Not taking mental breaks during the day is like trying to fill your car with gas while driving. “You must stop and turn off the engine to refuel,” says Julie Fratantoni, Ph.D., a cognitive neuroscientist with the Center for BrainHealth at the University of Texas at Dallas. The human brain focuses on deeper-level thinking for about 90 to 120 minutes at a time, ideally followed by 20 minutes of rest. “Attention is a finite resource, so we have to protect it,” she says. Here’s how.

Today: Look away. When the brain’s sympathetic nervous system is stressed by long discussions or overwhelming deadlines, our biology has us wired to freeze, flee, or fight. Look out the window or even at a picture of a vista so your brain will realize it’s safe to return to normal functioning, Fratantoni says. Mid-meeting? Use your peripheral vision to look sideways and calm your nervous system.

Tomorrow: Take five - five times. Fit in regular short breaks: “It’s amazing how quickly our brains can recharge,” Fratantoni says. No, social media and checking email don’t count—both require your brain’s information filters and processing.

The day after tomorrow: Organize your time in chunks. If you run out of gas during 90-minute work sessions, try time-management expert Francesco Cirillo’s Pomodoro Technique: Set a timer for 25 to 50 minutes, then take a short break. Repeat four times, then take an extended break. “You’ll be more productive than if you’re continuously ‘on,’” says Kristin Schneider, Ph.D., an associate professor of psychology at Rosalind Franklin University of Medicine and Science. Your brain is busy—help it out! Full article can be found on Prevention.com

HOW TO IMPROVE MIND AND BODY

Many of us often forget that our bodies are not machines – they require rest and lots of care. When both our mind and body are healthy, we feel better, allowing us to achieve better results and be more productive at school or at work.

Here are a few simple tips which can help you get started:

Meditate-Meditation is an excellent way for us to restore balance between mind and body. Meditating every day can bring plenty of benefits – you feel more relaxed, have more energy, savor more enjoyable moments, make you better at handling difficult situations, and so much more. It isn’t difficult to get into as well – you can start by setting aside as little as 15 minutes each day to meditate, and simply focusing on your breath.

Maintain a healthy diet-Food is our body’s fuel – we can enjoy a healthier lifestyle just by paying closer attention to our meals. Eating healthier enhances our body’s ability to produce blood, repair old tissues, and perform other tasks which are needed for our survival.

Get regular exercise-Just 30 minutes a day of exercise can make you feel better, give you more energy, and improve your sleep quality. Exercise can also be helpful in reducing negative thoughts and increasing serotonin, a “feel-good” hormone produced by our brains. Another added benefit of daily exercise is it can slow down signs of aging, such as wrinkles or dull skin.

Enjoy better sleep-Many doctors recommend getting at least 7 to 9 hours of sleep every night, which helps reduce cholesterol levels, counteract the effects of stress, and maintain our body’s blood pressure, making us feel happy and refreshed. Whenever we get a restful night of sleep, we get higher energy levels the following day, as well as sharper mental awareness, more creativity, better productivity, and so much more.

Drink plenty of water-Our body requires around eight to ten glasses of water every day. Our brains are made out of 70% water, which means drinking sufficient amounts helps enhance our brain function. Another great benefit of drinking plenty of water include a healthier digestive system, which helps burn more fat and get rid of waste.

Take part in fun, lighthearted activities with friends-When searching for ways to improve your mental health, you might think about doing serious stuff, such as completing crossword puzzles, playing chess, or other challenging activities. Enjoying more lighthearted pastimes comes with many cognitive benefits as well. Humans are social animals – interacting with others helps stimulate our brains, improving both our emotional health as well as our brain health. We can enjoy the many benefits of socializing by looking for a club to join, volunteering for a good cause, or simply making it a point to see your friends more often.

Full article can be found on wholebodysolutions.org

Nutrition

Broccoli Cheddar Soup

Serves two Tasteofhome.com



Ingredients

1/4 cup chopped onion
1/4 cup butter, cubed
1/4 cup all-purpose flour
1/4 teaspoon salt
1/4 teaspoon pepper
1-1/2 cups 2% milk
3/4 cup chicken broth
1 cup cooked chopped fresh or frozen broccoli
1/2 cup shredded cheddar cheese

Directions

1. In a small saucepan, sauté onion in butter until tender. Stir in the flour, salt and pepper until blended; gradually add milk and broth. Bring to a boil; cook and stir until thickened, about 2 minutes.
2. Add broccoli. Cook and stir until heated through. Remove from the heat; stir in cheese until melted.

Sausage and Spinach Tortellini Soup

Serves two Tasteofhome.com



Ingredients

1/2 pound bulk Italian sausage
1 small onion, thinly sliced
1 garlic clove, minced
1 can (14-1/2 ounces) reduced-sodium chicken broth
1/2 cup water
1-1/2 cups torn fresh spinach
3/4 cup refrigerated cheese tortellini
2 tablespoons shredded Parmesan cheese
Crushed red pepper flakes, optional

Directions

1. In a small saucepan, cook sausage over medium heat until no longer pink; drain. Add onion; cook and stir until tender. Add garlic; cook 1 minute longer. Stir in broth and water; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.
2. Return to a boil. Reduce heat, add spinach and tortellini; cook until tortellini is tender, 7-9 minutes. Sprinkle with cheese. If desired, top with crushed red pepper flakes.

Add These 7 Foods That Lower Cholesterol to Your Grocery List

Full article can be found on Prevention.com

Even active people need to pay attention to their levels. Here's what to buy the next time you go shopping.

Healthy runners probably don't lend much thought to cholesterol numbers. But more than 12 percent of American adults over the age of 20 have high cholesterol (levels greater than 240 mg/dL), according to the Centers for Disease Control and Prevention (CDC), another 95 million people have borderline high total cholesterol levels. And since there are no direct symptoms associated with elevated cholesterol, you could very well be running around with levels that might be putting your long-term health at risk. It's easy to assume that high cholesterol is an issue that only affects an older population. But the reality is that more people in their 40s and younger are seeing their cholesterol numbers creep up, especially as overweight and obesity levels continue to rise. Below, we explain what cholesterol is and what runners can do to keep it in check.

What Is Cholesterol?

Cholesterol itself isn't a villain: This waxy, fat-like substance is made by your body and is also present in animal-based foods like dairy and beef. We use it for several vital bodily functions—including making hormones and in the production vitamin D. But when levels get too high, deposits can accumulate in your blood vessels leading to blockages that spiral into health concerns such as heart attack and stroke. There are two main types of cholesterol you need to know about: Low-density lipoprotein cholesterol (LDL) is typically referred to as "bad" cholesterol, because it is the type that tends to build up in our arteries causing a narrowing that restricts blood flow and eventually leading to a heart attack or stroke. The lower your LDL cholesterol number, the lower your risk is to develop those health issues.

There's also high-density lipoprotein (HDL) cholesterol, which is typically referred to as "good" cholesterol. This type acts as a clean-up crew by shuttling cholesterol back to the liver, which then flushes it from the body and, in doing so, keeps it from building up as plaque in your arteries. Higher levels of HDL cholesterol are desired, since it will help slash your risk for cardiovascular disease.

When your doctor draws blood from you to check your cholesterol levels, he or she will also likely measure triglycerides—a type of fat found in the blood that can also gunk up your arteries when it's circulating in too high numbers.

Sometimes, you really can't blame yourself for having high cholesterol. Some people inherit genes from their parents that cause elevated numbers—a condition called familial hypercholesterolemia.

Nuts



Quinoa



Apples



Tofu



Oats



Avacado



Blueberries



